

RESOURCES for VETERANS and THEIR FAMILIES

Serving in the Armed Forces, particularly in a war zone, requires a special type of courage. The Maine Youth Suicide Prevention Program appreciates all members of the military for their willingness to serve. Courage also can mean asking for help if it is needed. The following describe places to find information and help. You need not be alone in your fight with depression, PTSD, suicidality or other issues.

Websites

People who serve in the military and veterans face some different health issues than civilians. These include physical injuries, health problems from exposure to environmental hazards, and/or mental health problems like depression, substance abuse, and PTSD. For more information go to

<http://www.nlm.nih.gov/medlineplus/veteransandmilitaryhealth.html>

Mental Health America has an extensive section entitled Operation Healthy Reunions, a first of its kind program that provides education and helps to bust the stigma of mental issues among soldiers, their families, and medical staff to ensure that a greater number of military families receive the prompt and high-quality care they deserve. The resources and links section is very extensive and includes on-line screening tools.

www.mentalhealthamerica.net/reunions

The National Alliance on Mental Illness has created a Veterans Resource Center. It contains information on Post-traumatic Stress Disorder, Traumatic Brain Injury, Information for Families, Children and Spouses, Women Veterans Resources, and other important topics. Go to www.nami.org and then click on Veterans Resource Center.

The Substance Abuse and Mental Health Services Administration developed a SAMHSA Veteran Resources section that includes information on finding mental health and substance abuse services. This can be found at

www.samhsa.gov/vets/

The Military Home Front is maintained by the Department of Defense and includes a section on suicide. Go to <http://www.militaryhomefront.dod.mil> and then click on Troops and Families.

Hotlines

In Maine

- Statewide Crisis Hotline 1-888-568-1112 (24 hours a day, 365 days a year)
- Maine Warm Line 1-866-71-WARM (9276) peer to peer support serving adults in Maine from 5:00 p.m. until 8:00 a.m. daily
- TOGUS VA Medical Center 1-877-421-8263 (enter extension 4443 or 5515) during business hours; on weekends or in the evenings (enter 0 and ask for Patient Care Coordinator)

National numbers

- National VA Suicide Hotline 1-800-273-8255 (24 hours a day, 365 days a year)
- Military One Source 1-800-342-9647 which supplements existing installation services, provides free help and information by phone with a professionally trained consultant or on-line, on a wide variety of issues that affect you and your family—from budgeting and investing to relationships and deployment. It is available whenever you are—24 hours a day, 365 days year.

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Compiled by the Maine Youth Suicide Prevention Program

